

### Abstract

The present invention provides biocompatible intervertebral disc prostheses that are resilient to compressive forces, that may be adapted to an intervertebral space. When implanted in the spinal column of a patient, the

5 intervertebral disc prostheses according to the present invention is intended to maintain the separation between adjacent vertebrae and provide shock absorbent protection. Flexibility of the spinal column may also be maintained. The present invention further provides methods for the implantation of the intervertebral disc prosthesis of the present invention and an optional intervertebral spacer into the

10 spinal column of a human or animal patient.

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